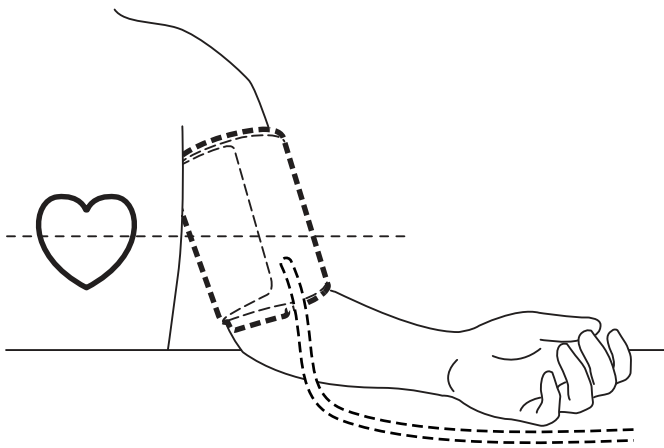


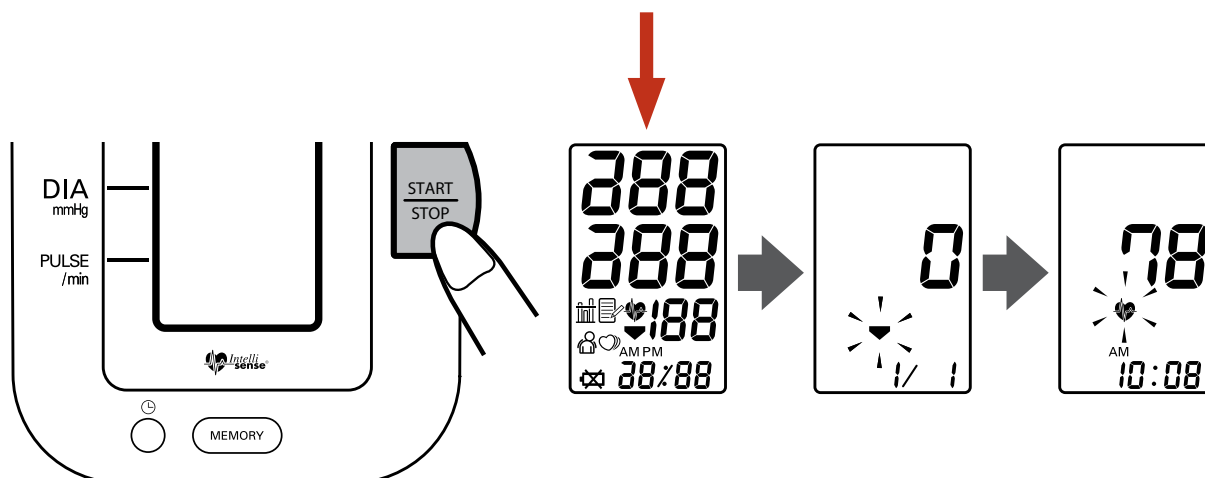
Checking Your Blood Pressure

Taking Your Blood Pressure



- ◆ Support your arm at the level of your heart on a table or high armrest.
- ◆ Stay in a seated position.
- ◆ Avoid talking when taking a measurement.

- ◆ **Take 2 readings, each 5 minutes apart.**
- ◆ Press the START/STOP button on the monitor. Display symbols will appear on the screen.



- ◆ The cuff will inflate on its own and feel tight for a few seconds.
- ◆ The cuff will relax and display the reading. Record the reading.
- ◆ Press STOP.
- ◆ Wait five minutes. Repeat these steps for a total of two readings.